

Early Recovery (0–6 weeks)

Drug use interferes with normal sleeping. When people stop using, they experience frequent and intense dreams. The dreams seem real and frightening. These dreams are a normal part of the recovery process. You are not responsible for whether you use in a dream. Regular exercise may help lessen the dream activity.

Middle Recovery (7–16 weeks)

For most people, dreams are less frequent during this phase of recovery. When they do occur, however, dreams can leave powerful feelings well into the following day. It is important to be careful to avoid relapse on days following powerful dream activity. Often dreams during this period are about choosing to use or not to use, and they can indicate how you feel about those choices.

Late Recovery (17–24 weeks)

Dreaming during this period is very important and can be helpful in warning the person in recovery. Sudden dreaming about drug or alcohol use can be a clear message that there may be a problem and that the dreamer is more vulnerable to relapse than usual. It is important to review your situation and correct any problems you discover.

Listed below are some of the actions people take when their dreams become intense and troubling. **Add to the list things that would help you in this situation:**

- Exercise
- Go to a 12-Step or mutual-help meeting
- Call a counselor
- Talk to friends
- Take a break from your normal routine
- Other: _____

